

# 2017 Attachment & Trauma Conference

Awareness • Regulation • Healing

April 1 – 5, 2017

St. Catharines Golf & Country Club



## Featuring Key Note Speaker: Martin Teicher, MD, PhD

Director of the Developmental Biopsychiatry Research Program at McLean Hospital and an Associate Professor of Psychiatry at Harvard. Dr. Teicher has authored over 200 articles primarily exploring the etiology and treatment of psychiatric disorders that arise during development.

### This comprehensive conference will cover the following topics:

- Understanding the foundations (including neurological, social, physiological, and psychological implications of trauma and attachment dysregulation)
- Phase-based clinical applications to promote healing and integration of trauma and attachment dysregulation
- Hot and cold decision-making and its relevance to psychotherapy and understanding behaviour
- Integrating meditation, yoga, and energy-based practices into your clinical practice
- Using adventure-based therapy to promote connection and agency following trauma
- Understanding how maltreatment affects brain regions, pathways and circuits and their implications for treatment
- Practical techniques to help individuals with dissociative symptoms become more receptive to treatment, and help bypass the protective avoidance strategies that lead to shutdown states, amnesia, and identity confusion
- Gain an understanding of why and how the expressive arts works so well as a treatment with trauma survivors and what the secret is to your success

### Conference Workshop Overview:

- **Day 1 & 2 ~ April 1 & 2:** Day 1 Understanding the Foundations of Trauma and Attachment & Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation – with presenter: Lori Gill
- **Day 1 & 2 ~ April 1 & 2 Advanced Stream (Ideal for those who have completed the above foundational training):** Day 1 Healing Energy; Day 2 AM The Therapeutic Application of Adventure & Day 2 PM Making "bad" decisions? Hot and Cold Decision-making and its relevance to psychotherapy and understanding behaviour
- **Day 3 ~ April 3:** Childhood Abuse, Brain Development, Psychopathology and Addictions with presenter: Dr. Martin Teicher
- **Day 4 ~ April 4:** Treating the Child Survivor with presenter: Dr. Joyanna Silberg
- **Day 5 ~ April 5:** Expressive Arts Therapies to Promote Healing Following Trauma with presenter: Cher Curshen

# 2017 Attachment and Trauma Conference ~Registration Form

Saturday April 1 – Wednesday April 5, 2017 St. Catharines Golf & Country Club



Please send registration form and payment cheque or money order made payable to:

Attachment & Trauma Treatment Centre for Healing (ATTCH)  
P.O. Box 10 St. Davids ON L0S1P0

Email: [reception@attch.org](mailto:reception@attch.org)  
Phone: (905) 262-0303 Fax: (905) 262-0707

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please choose from the following options:

- Full 5-Day conference. Foundational Stream\* Early registration: \$700 + HST. After March 01, \$800.00+ HST \*Required for certification as trauma specialist
- Full 5-Day conference. Advanced Stream Early registration: \$700 + HST. After March 01, \$800.00+ HST \*Recommended for those who have completed above foundational training
- Days 1 & 2 only Foundational Stream\* Lori Gill, Understanding the Foundations of Trauma and Attachment & Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation. Early registration: \$360 + HST. After March 01, \$460.00+HST
- Days 1 & 2 only Advanced stream (recommended for those who have completed core training above) Healing Energy; The Therapeutic Application of Adventure & Making "bad" decisions? Hot and Cold Decision-making and its relevance to psychotherapy and understanding behaviour Early registration rate: \$360.00 + taxes. After March 01, \$460.00 + taxes
- Day 3 only: Dr. Martin Teicher, Childhood Abuse, Brain Development and Psychopathology. Early registration: \$250.00 + HST. After March 01, \$300 + HST
- Day 4 only: Dr. Joyanna Silberg, Working with Dissociation - Treating the Child Survivor. Early registration: \$250.00 + HST. After March 01, \$300 + HST
- Day 5 only: Cher Curshen, Expressive Arts Therapies to Promote Healing Following Trauma. Early registration: \$250.00 + HST. After March 01, \$300 + HST

\*Price is inclusive of morning and afternoon refreshment breaks and lunch on site.

\*A limited number of subsidized spaces are available. \*\*Correspondence and confirmation will be processed through email.

Website: [www.attch.org](http://www.attch.org) Phone: (905) 262-0303 Fax: (905) 262-0707

P.O. Box 10, St. Davids Ontario L0S 1P0

## Other Upcoming Trainings – Winter 2017 Training Schedule

**\*Optional - All workshops below apply to our attachment and trauma certification program**

### Foundational Courses

**Certified Trauma Integration Practitioner** January 27, 2017 This core 1 day training presents an in-depth introduction to understanding the foundations of trauma and attachment. This is the core course for the CTIP certification. This training is appropriate for anyone working in a helping profession (front-line workers, teachers, foster parents etc.) or anyone with a desire to learn more about trauma and attachment. There are no pre-requisites for this training.

**Certified Trauma Integration Clinician** February 16 & 17, 2017 This is the core training for our clinical certification program, learning how to become trauma-informed but also how to provide trauma-specific treatment. This comprehensive two-day clinical training will provide insight into current trauma, attachment, and neuroscience research ensuring an understanding of critical information and best practice strategies. This training will also help you to enhance your clinical skills and learn how you can add trauma regulation, processing and attachment healing strategies to your repertoire.

Day 2 will focus on putting it into practice. Through this training participants will learn how to make historical connections, complete initial assessments, formulate trauma-informed treatment planning, and complete trauma processing using various modalities. A review of best practice and evidence-based approaches will also be included.

Both days are rich with research, practical examples, case studies, experiential activities, and opportunities for self-reflection. The supplementary readings, manual, clinical supervision, and video analysis components will provide gentle but growth enhancing support to ensure the participants are able to synthesize and apply what they have learned in their own clinical settings and lives.

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### Supplementary Workshops

#### Attachment Informed Parenting - Training to implement manualized program

Full Two Day Training

Saturday January 28 & Sunday January 29, 2017 This training provides an experiential overview of our 10-week attachment and trauma informed parenting program. This is a workshop for parent and caregivers focusing on learning the keys to forming a healthy attachment relationship with their child. Each session includes attachment enhancing activities, a psychoeducation component, self-reflection, and a take home activity.

Through involvement with the program **parents and caregivers** will learn:

- How to engage in conscious and brain based parenting.
- How to create resiliency, empowerment, and healthy parent-child relationships.
- How trauma impacts the brain, body, and behaviour.
- How to regulate their child's behaviour using sensory strategies.
- To consider how their attachment experiences have shaped your current relationships.
- They will also be provided age specific strategies and resources to increase attachment and prevent melt-downs.

Through this training **participants** will gain an awareness of:

- program format and structure
- session focus areas
- key considerations when delivering this program
- anticipated benefits and outcome measures
- how to organize and facilitate this program in their community or workplace

Participants will have the opportunity to facilitate a portion of the workshop as a part of this training.

\*A complete manualized program with powerpoint slides, presenter notes, and video training samples are also available for purchase once training has been completed to begin facilitating this program in your area.

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### Supplementary Workshops

#### **Creative Strategies for Engaging Youth and Healing Trauma**

February 10, 2017 9-12 in St. Davids (Niagara-on-the-Lake). This workshop will consider the impact of trauma on adolescent behaviour including the sensory function of at risk behaviours, an experiential review of engaging intervention strategies, and assessment, treatment formulation, and outcome measures for working with adolescents through a trauma informed lens.

#### **Healing Trauma Wounds: The Magnificent Benefits of Mindfulness**

February 10, 2017 1-4 in St. Davids (Niagara-on-the-Lake). There is an abundance of research supporting the profound impact mindfulness practices can have on our lives, our physical, mental, and emotional health and even our brains! This workshop will share insight into current research, best practice strategies, biofeedback demonstration, and techniques participants can begin using immediately.

Through this training participants will gain an awareness of:

- the benefits of mindfulness practices
- what mindfulness practice is and how to make this a daily practice
- strategies for all ages
- how mindfulness is connected to intentionality, authenticity, empowerment, and boundaries

#### **Comprehensive Trauma Assessment**

\*Clinical - full day training\*

March 09, 2017 9-4 This training will provide an overview of various formal trauma assessment tools, review of administration, assessment strategies, and report writing will be reviewed. Standardized and non-standardized measures will be reviewed. Several experiential and applied components are included to ensure comprehension.

**Understanding Trauma's Impact on Learning and Schools - Collaborating between Caregivers and Schools to Create an Effective Plan** March 10, 2017 9-12 in St. Davids (Niagara-on-the-Lake). This workshop will provide education around trauma's impact on our ability to learn, regulate our emotions, and strategies for creating a trauma-informed school setting. Activities to enhance learning, increase attention, and reduce arousal levels will also be provided.

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### Supplementary Workshops

#### Understanding and Grounding Trauma and Addictions

March 10, 2017 1-4 in St. Davids (Niagara-on-the-Lake). This workshop will explore the neuroscience of addictions, as well as self-regulation, the role of addictions when we are dysregulated by trauma, unhealthy attachment, or mental health, and quick strategies for grounding trauma. An introduction to sensory intervention and research around the efficacy of this approach will also be provided.

#### Custom Trainings Available In Your Area!

ATTCH receives a lot of requests for training in other communities. This is something that we do regularly! Custom training or certification trainings are available in your area for groups of all sizes. For certification training if you have a group (usually 8-10 people) interested in certification you can design your own training by choosing the core training and supplementary workshops to meet your training needs. Agency and individual training rates available. This often works out to be an economic option as participants save on travel and accommodation costs. Contact [reception@attch.org](mailto:reception@attch.org) for further details. To view recent trainings and hear what participants are saying visit: <https://www.attachment-and-trauma-treatment-centre-for-healing.com/custom-trainings.html>

#### Trauma-Informed Clinical Supervision and Case Consultation

The ability to remain present and attuned to our clients at a right-brain to right-brain level is a powerful therapeutic process. However, the ability to consistently do so stems from our own wellness. Supervision is a process that allows for growth, awareness, attunement, and space needed to be intentional and mindful in our day-to-day work. ATTCH provides clinical supervision and case consultation services to a wide variety of professionals. These services are available in-person or remotely (telephonic, via Skype, and FaceTime). Supervision with ATTCH allows for application of trauma-informed practice that incorporates a wide variety of research-informed techniques and approaches to help promote therapeutic presence, regulation, authenticity, empowerment, and healing of the helper as well as those they are working with through informing their approach.